

Northeastern Illinois University  
**NEIU Digital Commons**

---

NEIU Student Research and Creative Activities  
Symposium

2021 NEIU Student Research and Creative  
Activities Symposium

---

Apr 23rd, 11:00 AM

## The Influence of Parenting Styles on Food Aversions and Food Disgust

Yaraliz Carrero  
*Northeastern Illinois University*

Anisa Ivackovic  
*Northeastern Illinois University*

Taylor Kolb  
*Northeastern Illinois University*

Follow this and additional works at: <https://neiudc.neiu.edu/srcas>

---

Carrero, Yaraliz; Ivackovic, Anisa; and Kolb, Taylor, "The Influence of Parenting Styles on Food Aversions and Food Disgust" (2021). *NEIU Student Research and Creative Activities Symposium*. 4.  
<https://neiudc.neiu.edu/srcas/2021/s11/4>

This Event is brought to you for free and open access by the Conferences and Symposia at NEIU Digital Commons. It has been accepted for inclusion in NEIU Student Research and Creative Activities Symposium by an authorized administrator of NEIU Digital Commons. For more information, please contact [h-owen3@neiu.edu](mailto:h-owen3@neiu.edu), [wallis@neiu.edu](mailto:wallis@neiu.edu).

# **THE INFLUENCE OF PARENTING STYLES ON FOOD AVERSIONS AND FOOD DISGUST**

Yaraliz Carrero, Anisa Ivackovic, Taylor Kolb

Department of Psychology, Northeastern Illinois University, Chicago, IL 60625

It is known that parents have a significant role in the development of children's behaviors. However, few studies have explored how disgust and food aversions are fostered. Parenting style serves as a predetermined factor in the development of children and later on can influence food aversions and disgust. This influence can precede into adulthood. Much of the current research lacks how food disgust influences behavior and focuses instead on how food disgust sensitivity is prevalent in people but have neglected how these sensitivities arise in humans. This study intends to investigate how different parenting styles (i.e. authoritarian, authoritative, neglectful, and indulgent) influence the development of food aversions and disgust sensitivity in adults. A Qualtrics survey will be used to conduct this experiment, participants will be asked to complete a 62-item survey. The questionnaire consists of four parts: parenting styles, food aversions (e.g., please rate each of the following food items in terms of how much you enjoy it.), disgust (e.g., how disgusting do you find the following experience: a friend offers you a piece of chocolate shaped like dog-doo.), and demographics (e.g. age, education, socioeconomic class). The researchers predict that authoritarian parenting style will lead to more food aversions across categories and a lower disgust capacity. Indulgent parenting styles will lead to fewer food aversions and a higher disgust capacity. While the authoritative and neglectful parenting styles will have an average food aversion and disgust score. This study will be analyzed through SPSS using a one-way MANOVA. This study will stimulate new ways of understanding food disgust sensitivity, the causable root of food aversions, and enhancing a new perspective on this area of food psychology.